



# You Can! Age Unbound



Every May, the Administration for Community Living (ACL) leads the celebration of Older Americans Month. This year's theme, *Aging Unbound*, challenges the narrative on aging by highlighting the vital, positive roles that older adults play in our communities.

Just as every person is unique, so too are the wide range of aging experiences and ways to enjoy independence and fulfillment as we age.



AGING UNBOUND: MAY 2023

Here are some ways you can participate in *Aging Unbound*:

- **Embrace the opportunity to change.** Find a new passion, go on an adventure, and push boundaries by not letting age define your limits. Invite creativity and purpose into your life by trying new activities in your community to bring in more growth, joy, and energy.
- **Explore the rewards of growing older.** Continue to expand knowledge through reading, listening, classes, and creative activities. Your local Senior Center offers diverse programming to expand your learning.
- **Stay engaged in your community.** Stay active by volunteering, working, mentoring, participating in social clubs, and taking part in activities at your local senior center or elsewhere in the community.
- **Form relationships.** Invest time with people to discover deeper connections with family, friends, and community members.

This year, Minuteman Senior Services is excited to celebrate Older Americans Month with our partners in the aging community. Ensuring that older adults remain involved and included in our communities for as long as possible benefits everyone. Contact us at [elderinfo@MinutemanSenior.org](mailto:elderinfo@MinutemanSenior.org) or 888-222-6171 to learn how we can help.

Source: [acl.gov/oam/2023/older-americans-month-2023](https://acl.gov/oam/2023/older-americans-month-2023)

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[www.MinutemanSenior.org](http://www.MinutemanSenior.org)

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